**FREESTYLE & BACKSTROKE STUDY GUIDE**

**Remember: the body always follows the head! If your head is out of the correct position, your body must work harder to make up for it.**

**flutter kick –** basically a straight leg kick, the kick comes from the hips not the knees, don’t ride a bicycle, point toes, keep ankles relaxed, loose, and floppy

**3/1 drill –** 3 seconds with the face in, but only 1 second on side with ear in (helps prepare you to swim freestyle)

**6 kick shark fin switch drill –** lay on your side with one arm out in front and ear resting on your shoulder, kick six times before sliding top hand towards hip with bent elbow making a shark fin shape, remove hand from water and reach forward, face in as you switch to the other side

Both the 3/1 drill and the 6 kick drill are lead up activities to help you prepare to swim freestyle.

**freestyle –** fastest stroke, prone position (on stomach) and straight, head stays down turning to the side to breathe, flutter kick, arms enter fingers first with a bent elbow in front of shoulder and pull back to the hip, not completely opposite of one another, follow a breathing pattern

(ex - every time your right arm pulls, every other time your left arm pulls)

**backstroke –** on your back flat, streamline, and horizontal, face out of water, head back, chin up, ears in, arms move in opposition (while one arm is in the water, the other is out), straight arm out thumb first, roll shoulder, straight arm in little finger first, karate chop, arm wrestle water down to hip, use a flutter kick